

Stepping Out



STANDARDIZED RECIPES

Objective: To compare a recipe from the 1988 USDA *Quantity Recipes for School Food Services* to the updated recipe in the 1995 *A Tool Kit For Healthy Meals*.

1. Review the ingredient list in the 1988 USDA Macaroni and Cheese Recipe (D-26).
2. Review the ingredient list in the 1995 USDA Macaroni and Cheese Recipe (D-51).
3. Record nutrient information for the new version on the chart below.

Nutrients	Calories	mg Cholest	mg Sodium	g T-Fat	g Sat. Fat	g Protein
Recipe (D-26)	355	64	894	21.89	13.57	17.68
1995 Recipe (D-51)	289	15	612	10.84	3.94	16.13

Nutrients	g Carbohyd	g Fiber	mg Iron	mg Calcium	*RE* Vit A	mg Vit C
Recipe (D-26)	21.62	.57	1.21	436.05	234	0.57
1995Recipe (D-51)	31.03	.87	1.68	294.42	155	1.03

4. Record the percent % of calories from fat for the new version on the chart below.

% Calories	% of Calories T-Fat	% of Calories Sat. Fat
Recipe (D-26)	55.5	34.43
1995 (D-51)	33.68	12.25

5. Compare the nutrient data in the two recipes.

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1. Which recipe would best help your school meet healthy meal standards?
Why? _____
2. Where are standardized recipes found in your school's kitchen? _____
3. Name two new USDA recipes you have used?
a. _____
b. _____